



BRIEF

- Effective use of questions: - to find out prior knowledge, check understanding & for interaction.
- Clear objective/aims
- K.I.S.
- Use diagrams
- Safety/area/signals
- Timings
- Don't assume
- Check boat set up
- Use land- drill/demo
- List key points
- Pitch at level of group
- Vary delivery style (V.A.R.K.)
- Progression of exercises



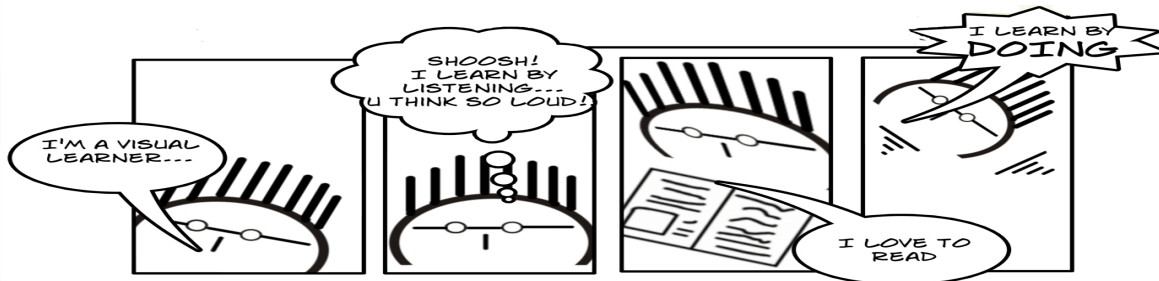
ON THE WATER

- Good group control
- Go alongside to give feedback
- Suitable sailing area
- Be specific with exercises
- Safety – what if?
- RIB positioning
- Session should agree with the brief
- Focus on aims of brief
- Short, sharp exercises
- Give practice time
- Flexibility
- Coach everyone
- Use signals
- Simple initial exercise



DEBRIEF

- Teaching points – use actual events
- Focus on the aims of the session
- Ask the sailors
- Involve everyone
- Effective use of both open and closed questions
- Get sailors to draw diagrams
- Progression
- Use positive comments & be constructive
- Summarise
- K.I.S.
- Be individual & specific
- Appropriate place for debrief
- V.A.R.K.



Your session planning checklist

AIM/OBJECTIVE:

CRAFT / KIT REQUIRED:

**SPECIALIST EQUIPMENT
REQUIRED:**

SAILING AREA:

TIMINGS:

SAFETY CONSIDERATIONS:

**DEMO/DIAGRAM/LAND
DRILL:**

BRIEF S.I. / A.I. :

Debrief:

- ◇ Teaching points
- ◇ Ask student questions
- ◇ Relevant feedback
- ◇ Progression
- ◇ Positive points

Ideas for open questions:

WHAT _____ ?

WHERE _____ ?

WHEN _____ ?

WHY _____ ?

HOW _____ ?